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PAGE 13



# metro

BOSTON Tuesday, April 7, 2015 www.metro.us | t: MetroBOS | f: MetroBoston

## \$1 million bail for body parts suspect

**Investigation.** A 32-year-old Cambridge man was in court yesterday in connection with a gruesome crime. PAGE 02



Mookie Betts gets some love from Shane Victorino after homering in Boston's 8-0 Opening Day win over the Phillies. / GETTY IMAGES

**Fate of  
Boston  
bomber now  
up to jury**

PAGE 04

**K-Stew  
fuming  
over R-Patz  
engagement**

PAGE 09



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## NEWS

Top 3

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1 More sleep equals more sex (at least for women)

2 OMG: 'Panoply' is the new social media site for depression

3 VIRAL VIDEO: Monkey gently pets adorable puppies



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# Investigators putting the pieces together

### Dismembered.

Cambridge man connected with severed head and limbs held on \$1 million bail.

Bail was set at \$1 million for the 32-year-old Cambridge man police say is connected to a gruesome incident over the weekend in which human remains were found in a duffel bag and in a recycling bin.

Carlos Colina, of 157 Sixth Street, pleaded not guilty Monday morning to charges of aggravated assault and battery and improper disposition of a human body in Cambridge District Court. He was not charged with murder.

Cambridge police said security at Biogen Global Command Center Saturday morning notified them of a suspicious duffel bag leaning up against a fence near a Biogen property at 225 Binney Street.

Police arrived with bomb-sniffing dogs. When police opened the bag they found, not explosives, but a headless torso clothed in boxer shorts.

The torso lacked arms, and the legs were severed below the knee. Police cross-referenced surveillance video with the records of key card entries into an apartment building on Sixth Street, which brought them to Colina's apartment.

A search of the building yielded the body's head, two arms and two legs wrapped in white trash bags inside a common area trash closet on the third floor, police said.

Police found a piece of rope, a handsaw with red-



Carlos Colina, center, is seen with his attorney John Cunha Jr., right, during his arraignment Monday in Cambridge District Court in Medford. Colina was charged with being an accessory after the crime of assault and battery causing serious bodily injury and the improper disposal of human remains. / CHIYOSUZUKI, POOL

### Quoted

**"It's obviously a very sad situation. I can't imagine much sadder than this."**

John Cunha Jr.,  
Colina's defense attorney

brown stains on the blade and its handle broken off as well as cleaning supplies in a trash can in Colina's apartment. Police also said they also saw "tool marks" in the bathtub and red-brown stains under the rug.

Colina, who is listed as un-

employed in court records, stood in court in plaid shirt-sleeves and glasses. He was shielded from view by a partition for most of his brief arraignment. Members of his family looked on during the proceeding. He is due back in court on April 14. The cause and manner of death are still pending.

Cunha declined to comment on regarding how the victim and his client knew each other.

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by new revenues.

The Legislature in recent years has tried both reform and revenue approaches.

The draft points to "limited cost control, low labor productivity, and high maintenance costs" associated with equipment, including Red Line railcars built in 1969. **SNS**

### Testimony

#### PCP triggers violence, says doctor in Hernandez trial

Defense attorneys for ex-NFL star Aaron Hernandez rested their case on Monday in his murder trial after calling three witnesses including a drugs expert and two forensics analysts.

The drugs expert, Dr. David Greenblatt of Tufts University School of Medicine, said that PCP — a drug an earlier witness said may have been used by people who were with Hernandez at the time of the murder — could trigger violent behavior.

A forensics analyst testified Hernandez's DNA was found on a piece of chewing gum stuck to a shell casing retrieved from the trash by investigators, and that the DNA could have been transferred to the shell from the gum.

The testimony played into the defense team's suggestion that Hernandez's friends may have committed the killing, and not the former New England Patriots tight end himself.

Hernandez, 25, has pleaded not guilty to the murder of Odin Lloyd, a semi-professional football player who was dating the sister of Hernandez's fiancée. If convicted, he faces a maximum penalty of life in prison.

Prosecutors say Hernandez and two friends, Ernest Wallace and Carlos Ortiz, picked up Lloyd at his Boston home in the early hours of June 17, 2013, and shot him to death in an industrial park near Hernandez's house in North Attleboro, Massachusetts.

Closing statements will begin Tuesday before the jury deliberates. Wallace and Ortiz have been charged with murder and will be tried separately. They have pleaded not guilty. **REUTERS**



Hernandez / GETTY IMAGES

## Transportation. Task force to highlight MBTA costs



Red Line / NICOLAUS CZARNECKI

The MBTA's unsustainable operating budget is hamstrung by "stagnating" revenues, costs that are growing at twice the rate of inflation, and a fleet that is the oldest among its peer transit systems, according to details of a draft task force report.

Gov. Charlie Baker formed

the task force in the wake of this winter's widespread T service failures, which stranded passengers.

Baker has emphasized management and cost controls as means toward stabilizing the MBTA and improving performance, while others say system problems are best addressed

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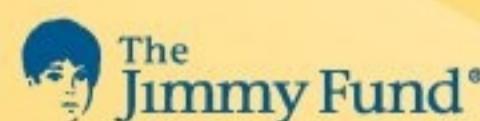
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# Arguments wrap up in bombing trial

## Boston bombing.

Tsarnaev 'wanted to punish America,' says a prosecutor.

Accused Boston Marathon bomber Dzhokhar Tsarnaev "wanted to punish America" when he killed three people and injured 264 more with a pair of homemade bombs at the 2013 race, a federal prosecutor said on Monday.

In closing arguments before a jury decides whether Tsarnaev, 21, is guilty of the April 15, 2013, bombing and of fatally shooting a police officer three days later, Assistant U.S. Attorney Aloke Chakravarty described the attack as deliberate and extremist.

The defendant thought that his values were more important than the people around him. He wanted to awake the mujahedeen, the holy war-



Tsarnaev in court Monday  
SKETCH BY JANE FLAVELL COLLINS

riors," Chakravarty said. "He wanted to terrorize this country. He wanted to punish America for what it was doing to his people."

Tsarnaev, an ethnic Chechen who moved to the United States about a decade before the attack, could be sentenced to death if the jury that heard 16 days of testimony finds him guilty.

Defense attorney Judith

Clarke opened the trial a month ago with a blunt admission, that "it was him" who carried out the attack. But his lawyers contended that Tsarnaev did so not out of his own ideological anger but out of a sense of subservience to his older brother, 26-year-old Tamerlan, who prosecutors say was his partner in the attack.

On Monday, Clarke continued that theme.

"There is no excuse. No one is trying to make one. Planting bombs at the Boston Marathon one year and 51 weeks ago was a senseless act," Clarke said. "Dzhokhar Tsarnaev stands ready by your verdict to be held responsible for his actions."

But, she added, evidence showed Tamerlan to have been the leader of the plot.

"Tamerlan built the bombs, Tamerlan murdered (Massachusetts Institute of Technology police) officer Collier, Tamerlan lead and Dzhokhar followed," Clarke said. **REUTERS**



## Two commanders in action at the NEAQ

The New England Aquarium's newest arrival—a Northern fur seal named Commander—met with Boston's commander in chief Mayor Marty Walsh Monday during a light-hearted event at the aquarium. Walsh got a tutorial on fur seals, pet Commander's thick fur coat and even fed him some fish. / NICOLAUS CZARNECKI, METRO

### Gaming

#### Wynn casino hits snag

State regulators late last week dealt a setback to efforts to build a casino on a 33-acre site in Everett.

Gov. Charlie Baker's energy and environmental affairs chief

Matt Beaton reported that the project "does not adequately and properly comply" with a review under the Massachusetts Environmental Policy Act.

According to Beaton's decision, transportation impacts must still be fully addressed under a further review. He added

that a land transfer between the MBTA and a subsidiary of Wynn Resorts before the end of the MEPA review was a violation of statute.

Remedies proposed include a reversal of the land transfer or placing it in escrow until the review is complete. **SUNS**

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NEWS

6

## Politics. Does Jeb Bush marking himself as Hispanic trump Clinton's emails?

Mentirosol

Jeb Bush, a frontrunner for the 2016 Republican presidential nomination, issued a major mea culpa Monday for marking himself as "Hispanic" on a 2009 voter registration form.

The chapter of Phi Kappa Psi said in a statement that it would pursue all available legal action, a day after a team from the Columbia University Graduate School of Journalism concluded the magazine failed to follow basic journalistic safeguards in publishing the story.

"Clearly our fraternity and its members have been defamed, but more importantly we fear this entire episode may prompt some victims to remain in the shadows, fearful to confront their attackers," Stephen Scipione, the president of the fraternity chapter in Charlottesville, Virginia, said. *REUTERS*

On a document filed with the Miami-Dade County Elections Department, The New York Times said that a circle marked "Hispanic" was checked. The next circle — "White, not Hispanic" — was what is accurate.

"My mistake! Don't think I've fooled anyone!" Bush tweeted, with the hashtag, #HonoraryLatino."

And everybody on Team Bush just found it the darndest thing.

Verdad.

Bush is the brother of former President George W. Bush and son of former President George H.W. Bush.

Jeb Bush speaks fluent Spanish and his wife Columba was born in Mexico.

A recent Fox poll showed



Jeb Bush / GETTY IMAGES



Hillary Clinton / GETTY IMAGES

### Quoted

"The governor's family certainly got a good laugh out of it. ... He is not Hispanic."

Kristy Campbell, Spokeswoman

Bush and Hillary Clinton in a dead heat in a head-to-head match up. Clinton, a former secretary of state in President Barack Obama's first term, has drawn fire recently for deleting State Department-related

emails from her private server. Bush, a former Florida governor, and Scott Walker, the two-term governor of Wisconsin are leading the crowded GOP field for their party's nod.

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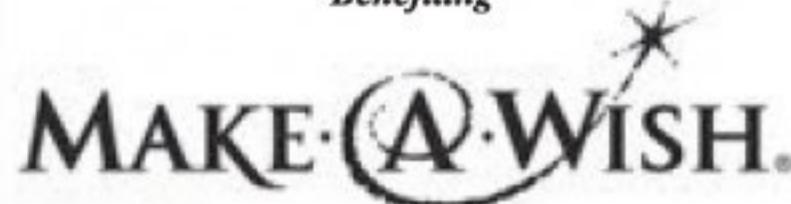
- You are between 18 and 65 years old,
- You have been taking a stable dose of an FDA approved GAD treatment for at least two months,
- You are willing and able to comply with scheduled medical visits, a study treatment plan, laboratory test and other study procedures for the duration of the study-approximately eight weeks.

If you are eligible to participate in this study, all investigational medication, study-related tests and study doctor's visits will be provided at no cost to you. Study participants may be reimbursed for study-related expenses.

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# Five things you need to know

### Arkansas woman dies at 116 after six-day reign as world's oldest person

Gertrude Weaver, who last week became the world's oldest-known living person, has died at the age of 116 at a senior care facility in Arkansas, officials said on Monday.

Weaver, who said the key to longevity was to treat people kindly, basked in her brief moment in the global spotlight. She enjoyed reading news articles about being the oldest person on the planet, said Kathy Langley, the administrator of the Silver Oaks Health & Rehabilitation Center in Camden, Arkansas.

Langley was born on July 4, 1898, according to the Gerontology Research Group, which validates ages of the world's longest-living people. There are only three people alive on the planet with birth records showing they were born before 1900, according to the group. REUTERS

#### Quoted

**"It's the Lord. Everything is in his hands."**

Weaver said in an interview last year.

### Facebook's new service: divorce papers

News broke Monday that a New York State court ruled a woman seeking a divorce could serve the papers to her estranged husband via Facebook.

Manhattan Supreme Court Justice Matthew Cooper, ruled that lawyers representing Ellanora Baidoo could "serve (the) defendant with the divorce summons using a private message through Facebook."

Does this mean we have to start worrying about being served next time we log on to Facebook? The answer is tricky.

"The legal basis in general is that you can't

bring someone into a lawsuit of any type unless you give them notice. It's a fundamental requirement of the law," James Cohen, associate professor of Law at Fordham University told Metro.

How a plaintiff provides that notice is a separate matter entirely.

The core requirement of serving someone is requiring verification that the service was indeed received.

Cohen explained that the rules regarding serving legal documents are flexible and do not exclude or prohibit using Facebook as means of serving someone.

So it turns out that little "seen" notification in Facebook's message platform just might be enough to drag you to court.

MATT LEE, METRO

### Lufthansa says not obligated to report pilot's medical record

Lufthansa said on Monday it was not required to inform German aviation authorities about Andreas Lubitz's former depression because he qualified as a pilot before stricter reporting rules went into effect in 2013.

The question of what Lufthansa knew about any psychiatric problems may be a factor in its liability in the crash. Germany's Allianz estimates that

insurers will end up paying \$300 million in claims and costs related to the crash.

Lubitz broke off pilot training for several months in 2009. When he resumed his training, he told the Lufthansa pilot instructors by email he had overcome a period of severe depression. He was first certified to fly commercial planes in 2012.

Under European regulations, pilots with psychiatric conditions should be referred to the licensing authority by aeromedical examiners, who may then decide to restrict the pilot's licence.

REUTERS



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### NC judge allows possible death penalty in murder of three Muslims

A North Carolina judge ruled on Monday that a man accused of killing three young Muslims in February could face the death penalty if convicted of murder.

Craig Hicks was indicted on three counts of first-degree murder in the shooting deaths of a newlywed couple who were his neighbors in Chapel Hill and the wife's sister, a student.

During a brief court hearing, prosecutors from the Durham County District Attorney's Office offered evidence of aggravating factors to make their case for pursuing the matter as a capital case. REUTERS

### Three dead after van carrying bands crashes in Georgia

Three people were killed in Georgia when a van carrying musicians from two bands veered off a freeway and struck a tree, police said.

The van was carrying 12 occupants and traveling southbound on Interstate 85 about 65 miles north of Atlanta, when it went down an embankment and collided with a tree.

The Atlanta Journal-Constitution reported that the musicians were members of Khaotika and Wormreich. REUTERS



**MPI**

# THE WORD

Ned Ehrbar takes on the world of gossip.

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## Royal decree: Selfies are bad

Prince Harry, the British royal family's backup plan if something happens to Prince William, has some very strong opinions about the social media habits of today's young people. While chatting with a teenager during an official visit to Australia, Harry cautioned the youth to knock it off with the selfies. "Seriously, you need to get out of it. I know you're young, but selfies are bad," the Prince offered.



Not a selfie.



**She doesn't look too happy.** / ALL PHOTOS GETTY IMAGES UNLESS STATED OTHERWISE



**"Vanilla Ensure. Shaken, not stirred."**

Daily video

### John Oliver interviews Edward Snowden

John Oliver surprised viewers on Sunday night's episode of his HBO series with an exclusive in-person interview with NSA leaker-in-exile Edward Snowden — "the most famous hero and/or traitor in recent American history," as Oliver puts it. And Oliver didn't go easy on him during their Moscow-set chat. "How many of those documents have

## On her majesty's disabled list

Daniel Craig spent the Easter holiday having knee surgery in New York despite being in the middle of filming his fourth outing as James Bond, though producers swear it will have no impact on production of "Spectre," due out later this year.

Certainly this news will in no way encourage more jokes about how the 47-year-old actor might be getting a too little long in tooth to play the international super-spy. That would just be juvenile, right? But if we were looking to be childish, what would be some good, age-appropriate versions of Bond movie titles? How about:

- "Oldfinger"
- "You Only Qualify for AARP Twice"
- "The Nurse Who Bathed Me"
- "Dr. No More High-Sodium Foods"
- "From Boca With Love"
- "Depends Are Forever"
- I could go on ...

you actually read?" he asks. "You're giving documents with information you know could be harmful, which could get out there."

In a friendlier section of the chat, Oliver finds a much more personal way to make Americans care more about the subject of government surveillance. "Well, the good news there's no program named 'The D— Pic Program,'" Snowden says. "The bad news is [the government is] still collecting everybody's information, including your d— pics."

## Kristen Stewart pretty miffed about Robert Pattinson's engagement

Maybe "miffed" is putting it mildly, actually. Kristen Stewart is reportedly really, really angry about that whole FKA Twigs getting engaged to Stewart's former "Twilight" boyfriend, Robert Pattinson — even if Stewart herself may be claiming otherwise. "She is really pissed off over Rob getting engaged to FKA Twigs after knowing her for only a couple of months. She is saying she really does not care at

all about this, but everyone knows that is not the case," a source tells Radar Online. "Kristen was with Rob for several years and he never gave her the option of marriage. Every time she tried to bring it up, he would always shoot her down and say he was not ready. The fact that he was all of a sudden ready just really annoys her." And hell hath no fury like an ex-girlfriend annoyed. Or something.



**Thumbs up, Avengers fans.** / MARVEL

## A Marvel movie marathon for the real fans

So you think you're a real of Marvel movie fan, do you? Well, if you were you'd be lining up for this 29-hour, 11-movie marathon they're putting on to celebrate the release of "Avengers: Age of Ultron," which runs through the Marvel Cinematic Universe so far — and poses a severe risk of triggering deep vein thrombosis — before culminating in the newest film. The first of such marathons takes place

in Hollywood on April 20, but if you're willing to wait until April 29 you can experience it closer to home at Revere, Massachusetts' Showcase Cinema de Lux

Oh, and the whole thing is sponsored by Cheez-Its and Kellogg's Rice Krispies Treats, in case the whole "sitting in a movie theater for 29 hours" thing wasn't healthy enough on its own. The whole thing will set you back \$70.



## CULTURE



**Twitter feed**

**Today, Tyra Banks is in a good mood, Rosie O'Donnell is on the road again, Mark Duplass is a poet, Louis Tomlinson is famished and Jaden Smith is calculating.**

**@tyrabanks:**  
Woke up smizing

**@Rosie:**  
my bags r packed - I'm ready 2 go ...

**@MarkDuplass:**  
Bathroom candles make me a little sad. Poop vigil.

**@Louis\_Tomlinson:**  
Gonna order a fat dominos when I get home !! Been toooo long

**@officialjaden:**  
That Moment When You Can't Sleep Soo You Start Doing Math.



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# Helen Mirren is voting Hillary for president

**Interview.** The "Woman in Gold" star tells us to chill out about accents.

Helen Mirren does not mind the brutal winter New York has had. One reason is "The Audience," her new Broadway play, in which she once again plays Queen Elizabeth. Alas, she's spending her day off from the show talking to strangers about her newest movie, "Woman in Gold." She portrays Maria Altmann, who fought to regain paintings — including a few Gustav Klimts — stolen from her family by the Nazis.

**Was it the subject of the Nazis plundering Europe's art that intrigued you in "Woman in Gold"?**

It was the story. It was big in the newspapers at the time, so I don't know how I missed it. But I was blown away by the story. Great story, great role. She's on the last page of the script — that's always a good thing about a role. If you're not on the last page, you look at the last time you enter when you exit the story. If it's a good exit, then it's a good role. If it just dribbles away, it's no good.

**So you always look at the last page?**

It's the first page I look at.



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In "Woman in Gold," Helen Mirren (with Ryan Reynolds) plays Maria Altmann, a woman who escaped the Holocaust and had to fight to reclaim famous paintings stolen from her family by the Nazis. / THE WEINSTEIN COMPANY

You were French in "The Hundred Foot Journey," and you're Austrian here. People make such a big deal out of accents, as though they were magic tricks.

They do — a much bigger deal than they really merit — except with people who are really bad at it. Some people are unbelievably bad at it. Some people are unfairly criticized for having a bad accent when actually they've got a really good accent. But because it's Brad Pitt or Keanu Reeves, the American audiences assume their accents aren't good, when they're actually really good. Because American audiences don't know, they assume the accents can't be good because they're famous movie stars.

**MATT PRIGGE**  
@mattprigge  
mattprigge@metro.us

## One more thing

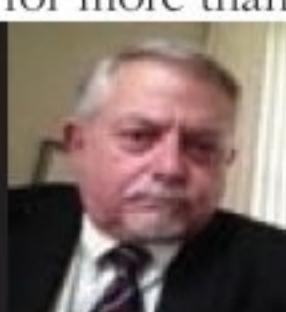
### On women

**Do you think Hollywood is getting better for actresses?**

I always fight for liberty, for equality in real life, as then the roles will follow, as night follows day. Mrs. Thatcher was absolutely the extreme opposite of what I was politically. ... But I always say Mrs. Thatcher was a great role model. You have a five-year-old girl watching television and there's Mrs. Thatcher making a speech, and she says, "Mommy, who's that?" And Mommy says, "That's the prime minister of England." So for that reason and that reason alone I would love to see Hillary [Clinton] become president."

## WORKER'S COMPENSATION

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**Attorney Robert F. Gabriele**

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## Young Adult. 'Fear Street' series author R.L. Stine talks about reviving the cult-classic

R.L. Stine loves Twitter. He not only used it to write an entire short story in rapid-fire tweets last Halloween, he uses it to interact with fans who remember being kept up all night reading his books back in the '80s and '90s. It has also played a part in getting his new book, "Don't Stay Up Late," published.

**What went into the decision to revive "Fear Street"?**

My fans on Twitter kept asking me to write another one. I was really honest and told them that I had taken ["Fear Street"] to some publishers, but no one was interested. Ten minutes later, [an editor] at St. Martins tweeted me and said she was interested. So, it's great to be killing teens again.

**When you wrote the original series, how fast were the books coming out?**

Every month. People don't believe it, but I was actually writing two books a month, a "Fear Street" book and a "Goosebumps" book. ... The excitement of having these best sellers was so exhilarating. It really kept me going.

**The '90s had this obsession with "Goosebumps" and shows like "Are You Afraid of the Dark?" Why do you think kids were obsessed with being scared?**

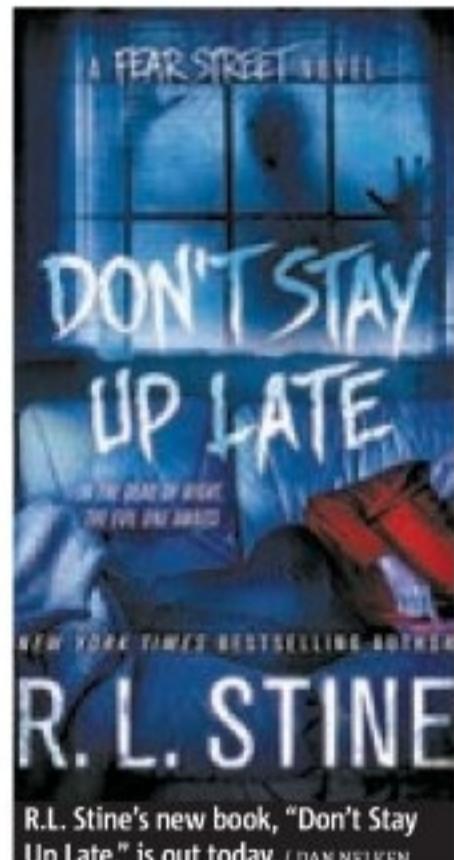
It was a fad for one thing. Kids want to do what other

## Quoted



"I realized that people like to be scared if they know they are safe."

**R.L. Stine**  
Author on his "Goosebumps" and "Fear Street" novels.



R.L. Stine's new book, "Don't Stay Up Late," is out today. / DAN NEILSEN

## Influences

**Did you like scary stories when you were a kid?**

Yeah, I did. When I was a kid, there were these scary comics called "Tales From The Crypt" and "The Vaults of Horror." They were creepy, but also really funny and they had all these great twist endings. They were very influential for me.

kids are doing. But when I asked kids what they liked about the books — because I didn't get it — they all said it was because they liked to be scared. I realized that people like to be scared if they know they are safe.

**And what about you? Why do you love telling these stories?**

This is what I do. I've been writing since I was nine. I was this weird kid in my room typing all the time. ... But I love these stories. I love thinking of new chapter endings. All my chapters end with a cliffhanger. I started out writing humor and writing a cliffhanger is the same thing as writing a punch line.

**EMILY LAURENCE**  
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emily.laurence@metro.us



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# wellbeing

# Spring into action



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# Living well (and gluten-free!) in Paris



ELODIE NOEL  
letters@metro.us

"When I moved to Paris, I was like, 'What is the pâtisserie of the day?' I had to get a fresh baguette every single day," recalls Rebecca Leffler, the American author of her new book "Très Green, Très Clean, Très Chic."

With a grandfather who's a deli owner and a baker for a great-grandfather, Leffler had good food in her genes and always loved cooking. But two years ago, the 32-year-old began having some health issues that forced her to completely change her diet.

"When the doctor said no dairy, no gluten, I got really confused because back then my life in France was all about bread and cheese," she says. "But then I realized that, au contraire, I didn't have to deprive myself, it would just force me to get more creative."

Though France is famous for its tasty cheeses, breads, wines, heavy dishes with plenty of sauce and, of course, buttery desserts, Leffler feels it's far from incompatible with green and clean eating.

"French cuisine is all about

An American puts a modern, veggie-focused spin on French food.



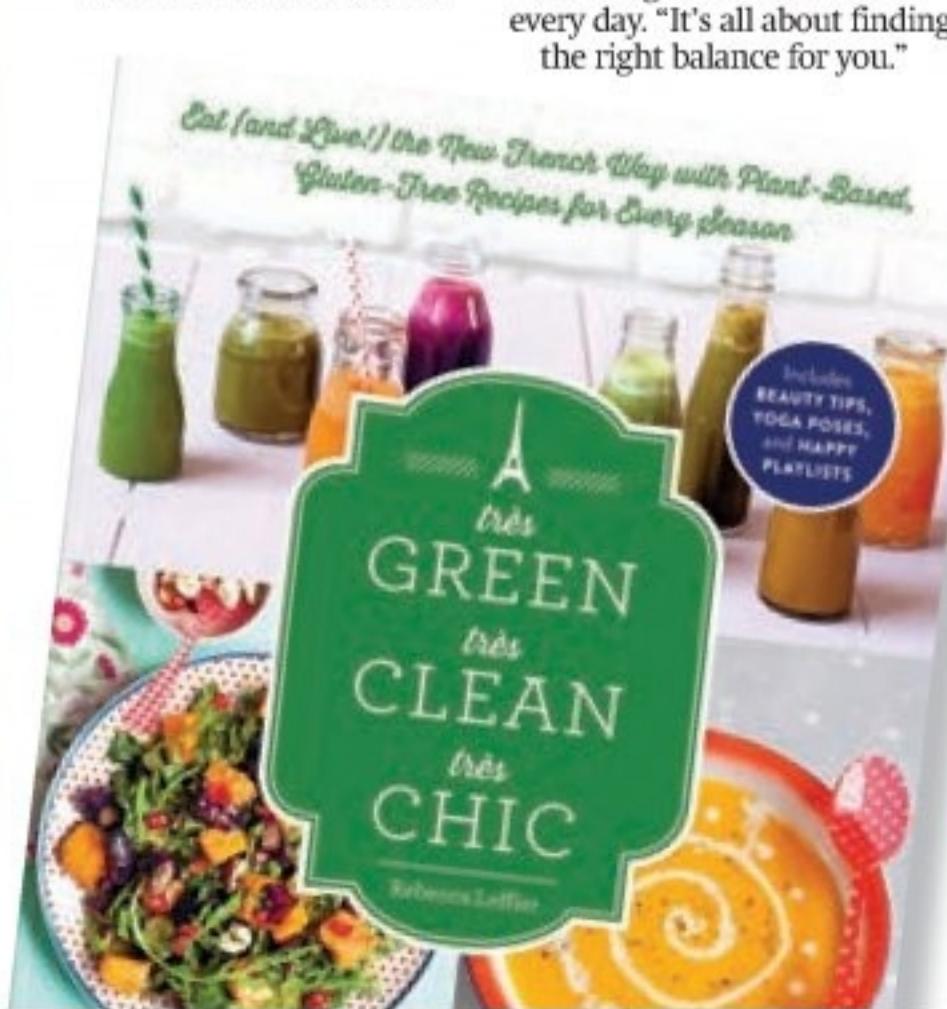
Rebecca Leffler

eating seasonally," she says, recalling the time when she went to a farmers market in winter asking for blueberries, only to have them laugh in her face. "Most French restaurants are farm-to-table. They aren't all organic, but they promote locally produced and sourced products."

With superfoods like kale and chia seeds that weren't used in classical French recipes, she's shaken up tradition, too. "It may be a scandal for purists — Auguste Escoffier is probably turning in his grave now — but I revisited his famous sauces. My velouté has cashews, and I add tahini to the hollandaise," she confides.

Making chocolate mousse with ripe avocado and replacing the pizza crust with a socca base (a traditional dish from Nice)? We daresay the French would be impressed.

And forget crash diets and juice cleanses — the French way of detoxing is about doing something to feel healthier every day. "It's all about finding the right balance for you."



Recipe



ISTOCK

## Pancrepes

Can't decide between a thin French crepe and its robust American cousin, the pancake? Try a pancrease! It's thicker than a crepe and thus, much easier to make at home — no special skillet required.

### Ingredients:

#### For pancrease:

- 2 tbsp. coconut oil
- ½ cup buckwheat flour
- ½ cup brown rice flour
- 1 tsp. baking powder
- Pinch of salt
- 1 tbsp. maple syrup
- 1 tbsp. lemon juice
- 1 ½ cups almond milk

#### Fruity sauce:

- 1 cup chopped seasonal fruit (apples, pears, cherries, figs)
- 1 tsp. lemon juice
- ¼ tsp. vanilla powder or extract
- ¼ tsp. cinnamon

### Directions for pancrease:

Blend the flours, baking powder and salt in a bowl. Add the maple syrup, lemon juice and almond milk and mix well. The consistency should be liquid, but thick. If you prefer thinner pancrease, add more almond milk.

Put a small portion of the coconut oil into a pan on low heat until melted. Pour in a scoop of the batter. Cook for about 2 minutes, until the top starts to bubble; flip and cook until golden brown. Repeat; recipe makes about eight pancakes.

To make the sauce, either blend all ingredients in a blender until smooth and creamy, or add all ingredients to a small pot and cook, covered, on low heat for 5 to 10 minutes, until soft. Mash with a fork, then spoon on top of the pancrease.

# Why your workout should be seasonal

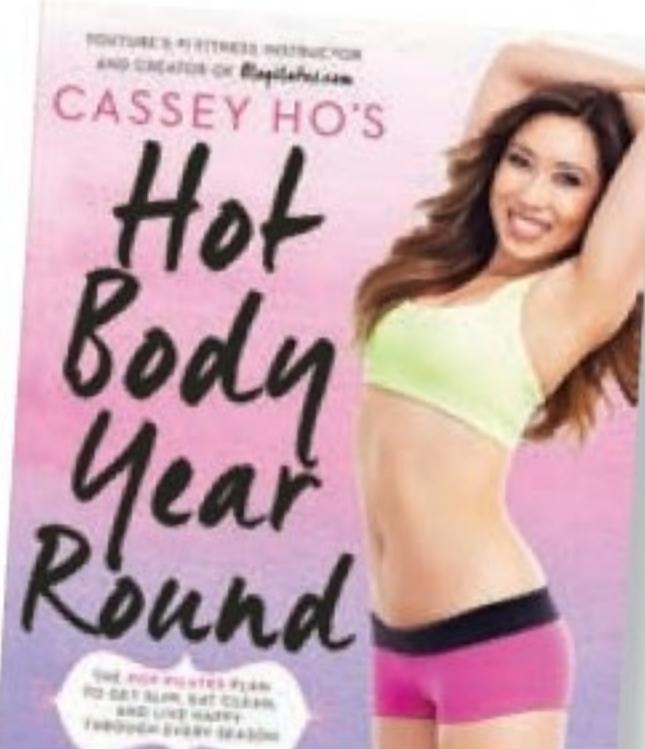
How YouTube fitness star Cassey Ho keeps Pilates fresh.

 EVA KIS  
@thisiskis  
eva.kis@metro.us

Few people are looking forward to spring more than California girl Cassey Ho, creator of the massively popular Blogilates workouts on YouTube. Not only does it bring the flowers and sunshine she craves, but it's a chance to be outside again — and rev up her routines.

"I will go hard all year round; but for a lot of people, they want to move with how they feel," she explains. "So you don't want to push someone so hard that they feel like, 'Hey, I might as well just sit on the couch and do nothing.'"

After going from a one-off video made for her friends and family in 2009 to an exercise empire of 2 million subscribers who can't get enough of her



## 'Hot Body Year Round' book signing

April 9, 6 p.m.  
Barnes & Noble Prudential Center  
800 Boylston St., Suite 179

pop music-fueled workouts and nutrition guides. Ho is releasing her first book, "Hot Body Year Round," today.

To keep her beloved Pilates fun (she's been a fan since coming across it on TV at age



## Mini Circle

Works: Inner and outer thighs, butt

Balance on your side with your left palm and left knee on the mat, pelvis and chest straight forward, right hand on your hip. Beginners, you may lie on your side with one hand underneath your head and the other in front of you for balance. Lift your right leg to hip height and begin to circle your whole leg forward. Repeat 20 times, then circle it backward, then switch sides and repeat.

16], "Hot Body Year Round" adds a seasonal element to her workouts. But she doesn't just take her mat outdoors; the exercises change with the time of year, so the stretching-focused routines of winter are now giving way to more intense burning and toning sessions leading up to summer.

There are also grocery lists of seasonal produce to keep your workout on course with nutritious meals that have natural variety.

"I wanted to really motivate people to be inspired throughout the year, because I know you have your bikini season when you think, 'Let's go hard!,' and all of a sudden it's back to school and it's holidays and nobody wants to move anymore, they just want to eat," she says. "And so, along with the seasons you have the ebb and flow of how hard you want to go."

We've got three of her spring moves — hop to it!



## Lunging Bird

Works: Quads, butt, lower back

Keeping your back straight, bring your left leg behind you into a lunge. Both knees should be at 90-degree angles. Push off the ball of your left foot and raise your left leg into an arabesque with your arms stretched out behind you.



## Cheerleader L Crunch

Works: Upper and lower abs

Lie down, pressing your lower back into the mat. Keep your legs straight, toes pointed, one leg out parallel to the floor, while raising the other leg up to the sky. Keep your elbows pointed outward and lift your chest to do a crunch. Repeat 10 times with each leg.

# When breast milk isn't the best

If you were unable to produce your own breast milk, would you turn to the Internet to buy some from a stranger? More and more women are doing just that — but the largely unregulated industry is associated with some serious risks.

A new study released yesterday found that out of 102 samples of breast milk purchased through milk-sharing websites, 11 of them were contaminated with cow's milk.

"Drinking cow's milk can be very harmful to a baby with an allergy or with intolerance," co-author Dr. Sarah Keim of Nationwide Children's Hospital

said in a statement. Other samples also contained a notable amount of infant formula.

A previous study from the same research team found that unpasteurized breast milk purchased on the Internet had high levels of disease-causing bacteria, according to co-author Dr. Jesse J. Kwiek, an associate professor of microbial infection and immunity at Ohio State University. Of the samples tested in that study, 64 percent were contaminated with staph, while 36 percent contained strep.

"We all know that caffeine, alcohol, illicit drugs and even

some prescription drugs can all find their way into breast milk," says Dr. Sarah Steele at the London School of Medicine and Dentistry. "When you're buying milk online, the truth is that you just don't know what you're getting."

Steele and her team reviewed a number of studies focused on the web-based exchange of human breast milk. As far as additives, Steele's team found that it wasn't uncommon for milk bought online to be diluted with water, cow's milk or soy milk — all of which can cause serious problems for newborns.

While many milk banks adhere to safety guidelines for screening and storing breast milk donations, buying from an individual is far less safe. Unsanitary milk collection, improper storage and the shipping process can all contribute to the problem.

According to Steele, another issue is the incentive to maximize profits.

"People selling their breast milk ... are often selling it by the ounce, so there's the specific risk that what you're buying could be diluted," she says.

MARIANNE HAYES



Breast milk purchased online could be diluted with water, or worse. iSTOCK

## Horoscope

**Aries | March 21-April 20**  
Overspending will cause problems. Think twice before you spend. You work too hard to fritter away your wages on unnecessary or frivolous items.

**Taurus | April 21-May 21**  
Someone from your past is thinking about you. A new acquaintance will be attracted by your charisma, beliefs and potential. Don't be surprised if someone makes you an offer.

**Gemini | May 22-June 20**  
Your ability to multitask will be appreciated when you offer help to your peers. These same individuals will be in your corner when you require assistance or backup.

**Cancer | June 21-July 22**  
Love is on the rise. Strive to improve your self-confidence. Attending a social event will lead to an unusual discussion that could change your future. Don't be gullible.

**Leo | July 23-Aug. 22**  
It's important to do your share of household duties. Family members will criticize you if you do not live up to your end of a bargain.

**Virgo | Aug. 23-Sept. 22**  
Joining community activities is a great way to make new friends. Sign up for something that appeals to you. Participating in cultural or networking events will help improve your position.

**Libra | Sept. 23-Oct. 22**  
You are overdue for a change. Home improvements will be rewarding. You will gain satisfaction from doing the work yourself.

**Scorpio | Oct. 23-Nov. 21**  
Widen your social circle. The more situations you experience, the more likely you are to meet people with similar ideas and interests. Love is in the air, and romance will improve your personal life.

**Sagittarius | Nov. 22-Dec. 21**  
You will have to be diligent if you want to find out what is going on behind the scenes. Don't rely on secondhand information. Do the research yourself.

**Capricorn | Dec. 22-Jan. 20**  
A friend or relative will be looking for assistance, but don't fall prey to a sob story. Unless you know the facts, you should not offer monetary support.

**Aquarius | Jan. 21-Feb. 18**  
If someone you depend on is unhappy, consider what you can do to help. Lending a hand or being empathetic will lead to a closer relationship and create a new ally.

**Pisces | Feb. 19-March 20**  
Your daily routine will feel stale and boring. If your mind is craving some unusual stimuli, visit a museum or art gallery, or take a day trip to an unusual destination. EUGENIA LAST

## Letters to the editor

*An effort well received*

And a reminder to me to pay it forward when the opportunity arises. Thank you to the MBTA police officer as well.

KATIE DURHAM, VIA EMAIL

*What a joke*

Two weeks ago I returned to my parked car. A handwritten note on my windshield provided the case number for the MBTA Transit Police report for a hit-and-run accident someone observed that afternoon. That the information provided by a witness means the other person's insurance should fully cover the damage is a relief, of course. But what really makes me smile whenever I think about it, is that a stranger went to the effort to report it. Outstanding!

Let's compare the reactions to the anti-Black/Obama jokes of Ferguson city officials with the recent anti-Muslim/Muhammad jokes of France's "Charlie Hebdo" magazine. It is not an issue of which jokes are more despicable, but how elitists defined "free speech" in the

two situations. Much of the world actually celebrated the public Charlie Hebdo jokes, while the private jokes of Ferguson officials were considered "shocking" and scandalous. What say you, "I am Charlie Hebdo" folks?

ART BURNS, VIA EMAIL

*News sense*

Re: "Harvard-based app spotlights must-read news" (Metro, April 2-5) I can see the value of checking the hottest stories on social media and other news

platforms but the claim that BriefMe or any app can "deliver the most important story at that moment" is silly. Headlines, lead stories and what's trending can be quite superficial. Was February's intense media debate on whether the color of a dress was actually white and gold or blue and black really one of the "most important" stories?

JEFF STONE, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

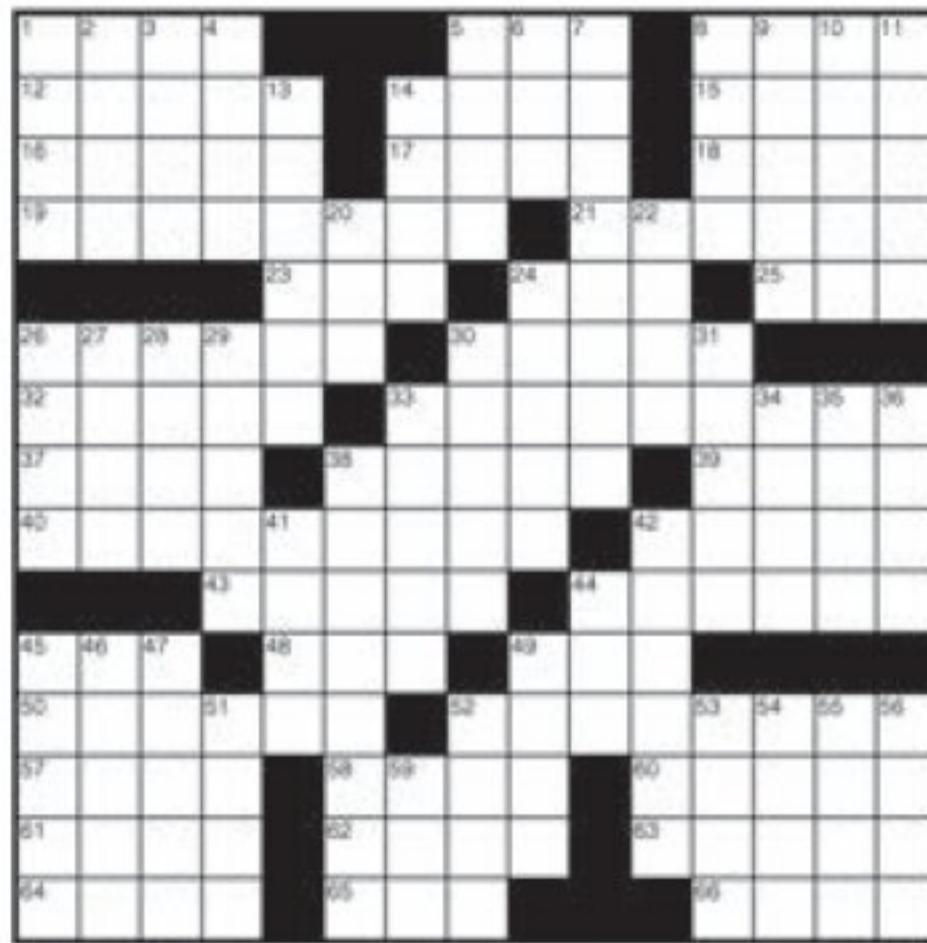
## Sudoku: Easy and hard

		2			1		4	3
		3			5	9		
8		6			9		2	
			5		7	8	6	
				3				
5	8	6			4			
	2		1			6		4
		7	9			2		
6	1		7			3		

		3			6			2
		4						9
6			4	1	9			7
5		2	6			7		
			9	5	3			
		2		1	3			5
8		1	7	2				9
4						1		
1			3			2		

**How to play**  
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Crossword



## Across

- 1 Amble
- 5 Big black dog
- 8 Curly cabbage
- 12 Something to lend (2 wds.)
- 14 Rock's Bon —
- 15 Get better
- 16 Ridiculous
- 17 Hairy animals
- 18 — spumante
- 19 Presage
- 21 Went by water
- 23 Pilot's dir.
- 24 Sunbeam
- 25 Opposite of post-
- 26 Christie detective
- 30 Danny or Peter
- 32 Not quite right
- 33 Snoozed a bit
- 37 "Cheerio!" (hyph.)
- 38 Danish islands
- 39 Earthenware jar
- 40 Less deep
- 42 Coral reef locale
- 43 Imitated Bossy
- 44 Flammable gas
- 45 Part of GPA
- 48 — take forever!"
- 49 Quid pro —
- 50 Square-dance attire
- 52 A Leo
- 57 Helm position
- 58 Cajun veggie
- 60 Unfettered
- 61 Holly tree
- 62 Must have
- 63 Spew lava
- 64 Scream and shout
- 65 Muffle
- 66 Ocean-going bird
- 5 Easy gait
- 6 Hail, to Caesar
- 7 Miami's — Bay
- 8 Genghis —
- 9 Early moralist
- 10 Afterward
- 11 Slur together
- 13 Won't go along
- 14 Greenish gem
- 20 Countdown number
- 22 Jean Auel heroine
- 24 Machine part
- 26 Tatamis
- 27 Memsaib's nanny
- 28 Ms. Moreno
- 29 Choir selection
- 30 Revealed
- 31 Historical period
- 33 Quoth, like a raven
- 34 Courtroom bargain
- 35 Panache
- 36 Guy like Hamlet
- 38 Kind of hot dog
- 41 Burglar's "key"
- 42 Filmdom's Lawrence
- 44 U.K. locale



## Down

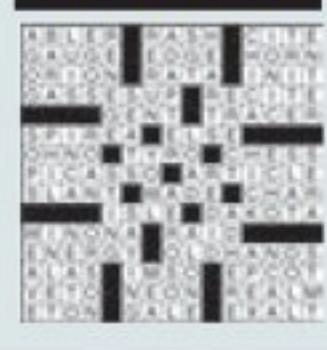
- 1 Very thin model
- 2 Livy's year
- 3 Nonsense writer
- 4 Carol of "Taxi"

Visit us online at **Metro.us**.

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.



## Yesterday's answer



- 45 Robin of balladry
- 46 Pancho —
- 47 In leaf
- 49 Dorm view
- 51 Immediately following
- 52 Remnant
- 53 Geologic sample
- 54 Rush —
- 55 NFL broadcaster
- 56 Solar plexus
- 59 Large parrot

# Sox perfectly powerful

**MLB.** The Red Sox flexed their muscles in a dominant Opening Day performance.

Getting off to a 1-0 start is a great way to start the season, but more than the final score, baseball fans want positive signs for the 161 games to follow.

Red Sox fans not only got an Opening Day win on Monday in Philly, an 8-0 pounding of the Phillies, but there were two bright red signs that fans can hang their hats on.

Clay Buchholz, whose days as a top-of-the-line starter were thought to be behind him, looked very much like an ace Monday.

And Dustin Pedroia, whose power numbers were laughable if not nonexistent in recent seasons, looked like he was 27 years old again.

Buchholz threw 95 pitches, 66 for strikes, against the Phil-



Clay Buchholz was dominant on Opening Day. / GETTY IMAGES

lies and allowed just three hits while not giving up a run. He walked just one and struck out nine. It was his best performance since a complete game win over Tampa Bay last Aug. 31.

Pedroia's two-homer day against the Phils was even more out-of-character than Buchholz's performance as the second baseman hit just seven home runs total in 2014 and is four seasons removed from his career-high home run season of 21 in 2011. Pedroia scored Boston's first run of the 2015 season with a solo shot to left-center in the first inning and went yard again in the fifth with a blast to left. It was Pedroia's first multi-homer game since the 2011 season.

All of Boston's runs came via the home run as Mookie Betts hit a solo homer in the third and Hanley Ramirez collected five RBIs on the day thanks to home runs in the fifth and ninth innings.

The Sox are off Tuesday

## The journey begins

One of 162 is in the books. A look at Boston's upcoming schedule:

- The Sox are off Tuesday, but play the Phillies in Philly again on Wednesday and Thursday (7 p.m. starts, NESN).
- Boston then heads to New York to play the Yankees Friday through Sunday.
- The Sox's home opener is Monday afternoon against Washington.

but will play the second game of their three-game set against the Phils on Wednesday (7 p.m., NESN). Rick Porcello will make his Boston debut against Aaron Harang.

MATT BURKE  
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**3**

**SPORTS**

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Carl Soderberg has 44 points this season. / GETTY IMAGES

# B's control own fate with one week to go

**NHL.** The Bruins have three games remaining in the regular season.

In an up-and-down 2014-15 regular season that has been filled with so many unexpected stops and starts, it is rather remarkable that the Bruins head into their final three games this week totally in control of their own playoff destiny. Boston (41-25-13) is riding a five-game win-streak (tying its season-high) after surviving a 2-1 shootout victory over Toronto (30-43-7) on Saturday in its TD Garden regular-season finale.

New right wing Brett Con-

nolly enjoyed his first taste of the Garden as a Bruin against Toronto. He didn't quite have the same impact as he did last Thursday in his B's debut at Detroit when he had two assists in a 3-2 comeback win, but it'll take some time to feel like himself again after missing a month with a broken finger.

"I'm looking forward to a fresh start and I'm excited to finally be out there," said the former 2010 first-round pick (sixth overall) of the Lightning.

The B's are at Washington (44-25-11) on Wednesday (8 p.m., NBCSN) and Florida (36-29-15) on Thursday (7:30 p.m., NESN) before they wrap things up in Tampa Bay (48-24-8) on Saturday (7:30 p.m., NESN). With 95 points, the Bruins are currently tied with the Pen-



Visit [Metro.us](#) to see which team sits atop this week's NHL Power Rankings.

guins and Red Wings but they are in seventh-place based on tiebreakers. Boston can finish anywhere from fourth in the Eastern Conference to out of the top eight entirely.

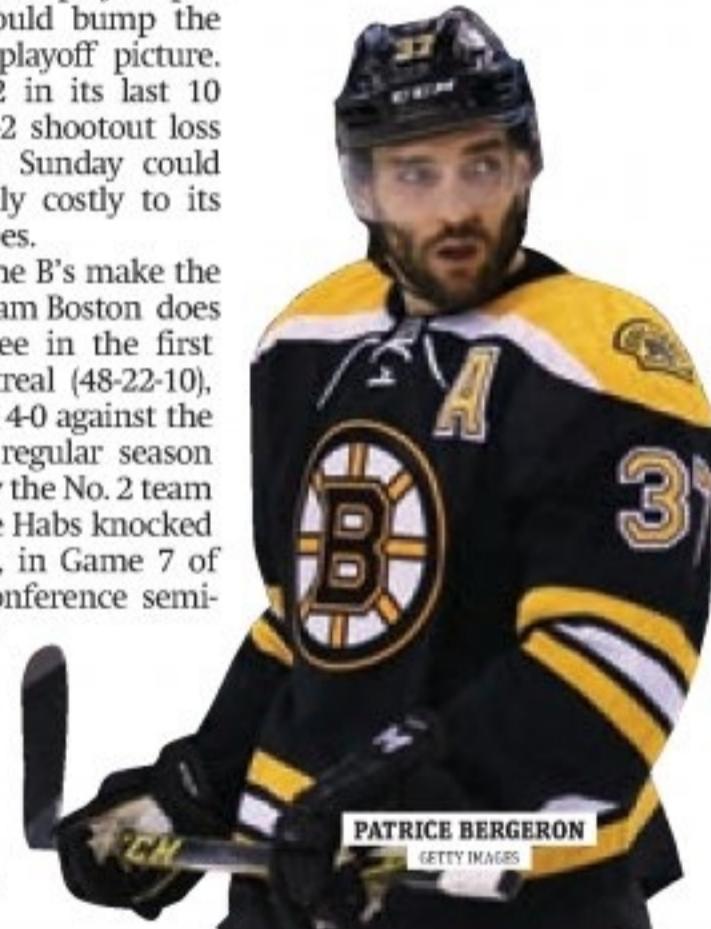
The Senators (40-26-13) are the only team left in the East — outside of the playoff picture — that could bump the B's from the playoff picture. Ottawa is 6-2-2 in its last 10 games but a 3-2 shootout loss at Toronto on Sunday could prove extremely costly to its postseason hopes.

Assuming the B's make the cut, the only team Boston does not want to see in the first round is Montreal (48-22-10), which finished 4-0 against the Bruins in the regular season and is currently the No. 2 team in the East. The Habs knocked off Boston, 3-1, in Game 7 of the Eastern Conference semifinals at the Garden last spring, and it feels like the B's would be lucky to push it that far against their

most hated rival in another series. As luck would have it, if the playoffs started today, those Original Six and Atlantic Division foes would meet. Boston matches up well with the Rangers (50-21-7), but Tampa Bay (48-24-8) appears far more ripe for an upset. New York and the Lightning are the No. 1 and No. 3 seeds, respectively, in the Eastern Conference.

"We just need to focus on our game and ourselves," noted center Chris Kelly. "We don't want to look at other teams and what they are playing for; we have to battle hard right until the end."

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For more information please contact Voula Christopoulos at 617-724-8592 or at [vchristopoulos1@partners.org](mailto:vchristopoulos1@partners.org)



### US Military Veterans Research Study

Researchers at Harvard University are seeking United States Military Veterans (aged 18 years or older) to participate in a confidential research study aimed at understanding thoughts and feelings Veterans experience that are related to depression.

Eligible participants will be paid up to \$150

For details, contact Julia at 617-495-3893 or email [veteransstudy@fas.harvard.edu](mailto:veteransstudy@fas.harvard.edu)

### Healthy postmenopausal women, 48-60 years old, wanted for research study of reproductive hormones, remuneration provided

The Reproductive Endocrine Unit at the Massachusetts General Hospital seeks healthy postmenopausal women ages 48-60 with no menstrual periods within the last year and on no medications (except for hormone replacement therapy) for a study on the relationship between reproductive hormones and the brain. Study participation involves 2 clinic visits and one overnight stay. Participants will be paid up to \$690.

Individuals interested in learning more may contact Voula Christopoulos at **617-724-8592** or at [vchristopoulos1@partners.org](mailto:vchristopoulos1@partners.org)

# MEDICAL RESEARCH

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## Have you been diagnosed with BIPOLAR DISORDER and are you currently depressed?

Are you between the ages of 21-65?

Interested in participating in a research study at McLean Hospital?  
We are investigating the effects of Low Field Magnetic Stimulation on bipolar depression. Participation involves clinical screening and three 20-minute treatments with our LFMS device.



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Contact Sierra at 617-855-4433 or [lfms@mclean.harvard.edu](mailto:lfms@mclean.harvard.edu) for information

## ROSACEA STUDIES

### Do you have rosacea?



If you are bothered by moderate to severe rosacea and would like to explore your options; learn more about our clinical research trial involving an investigational drug.

Among other study requirements, participants must:

- Be at least 18 years old
- Have moderate to severe Rosacea
- Be available for up to 5 outpatient study visits



Those who qualify and participate will receive the following:

- Compensation for time and travel
- Study-related rosacea evaluations by a study doctor
- Study-related physical exams and assessments

For more information about the study, call: Bay State Clinical Trials at **617.923.0328**  
521 Mt. Auburn Street Suite 209  
Watertown MA

Have you been diagnosed with

## PARKINSON'S DISEASE?

If you are over the age of 40, with no alcohol or drug dependence, you might be eligible to participate in this research study.

This study examines a method of non-invasive brain stimulation called Transcranial Direct Current Stimulation (tDCS) combined with transcranial ultrasound (TUS) and their effect on the symptoms of Parkinson's Disease.

Study visits will be conducted at Spaulding Rehabilitation Network Research Institute (SRN-RI) in Charlestown, MA, and will require 17 visits (1.5-2 hours each) over an 11-week period.

**Compensation is \$25 per visit.**

For more information, please contact the Laboratory of Neuromodulation by phone at 617-952-6151 or by email at [recruitment@neuromodulationlab.org](mailto:recruitment@neuromodulationlab.org).

**Forsyth**

**The Forsyth Institute**

245 First Street, Kendall Square, Cambridge, MA 02142

### 6-WEEK DENTAL RESEARCH STUDY

Individuals 18-70 years old are asked to join a 6-week study of a new liquid topical medication that may reduce gum inflammation and bleeding.

- Only 2 weeks of treatment with a follow up visit 4 weeks later
- Qualified people will come to the clinic daily (Monday through Friday) for product application by the study dentist
- Routine dental and gum exams
- Total of \$500 compensation (\$40 at each daily visits and \$100 at the end of the study)

Call or Email:

**617.892.8600 | [clinicaltrialsinfo@forsyth.org](mailto:clinicaltrialsinfo@forsyth.org)**

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## General Help Wanted

### DUNKIN' DONUTS

Dunkin' Donuts located at Logan Airport is hiring sales associates. Starting rate for overnight and 3:30am is \$10.50. Other rates are \$10.00 We are seeking PT and FT associates and we will train. Transportation is available for 3:30am shift. Benefits include vacations, 401K, bonus, career advancement for management and more.

Call (617) 541-1911 to schedule an interview. Visit us on the web! [www.thewaldwingroup.com](http://www.thewaldwingroup.com)

## General Help Wanted

### Manager Tree Division

Cambridge Landscape Co. has an opening for an experienced certified arborist to manage its tree division. The position is responsible for sales, scheduling personnel and safety training. Degree in arboriculture is preferred. Contact Jim Kelley at 617-661-8591 or [jkelley@cambridgelandscape.com](mailto:jkelley@cambridgelandscape.com)

## Apartment Inspector

Temporary housing company seeking a detail-oriented and dependable individual with experience in quality assurance to inspect apartments in and around the Greater Boston area. Responsibilities include inspecting, maintaining and conducting walk-throughs prior to tenant move-ins and following move-outs; taking quality photos of apartments, uploading photos and submitting reports online; trouble-shooting common internet and cable-related issues.

The successful candidate must have a valid, clean driver's license and be at least 22 years old, maintenance experience and craft skills such as carpentry and painting, hospitality industry experience a plus. Day/Hours: Wednesday through Sunday, 9:00 to 5:30 Benefits plus a 401K match EEO/AA Employer Resumes to: [careers@churchillcorp.com](mailto:careers@churchillcorp.com)

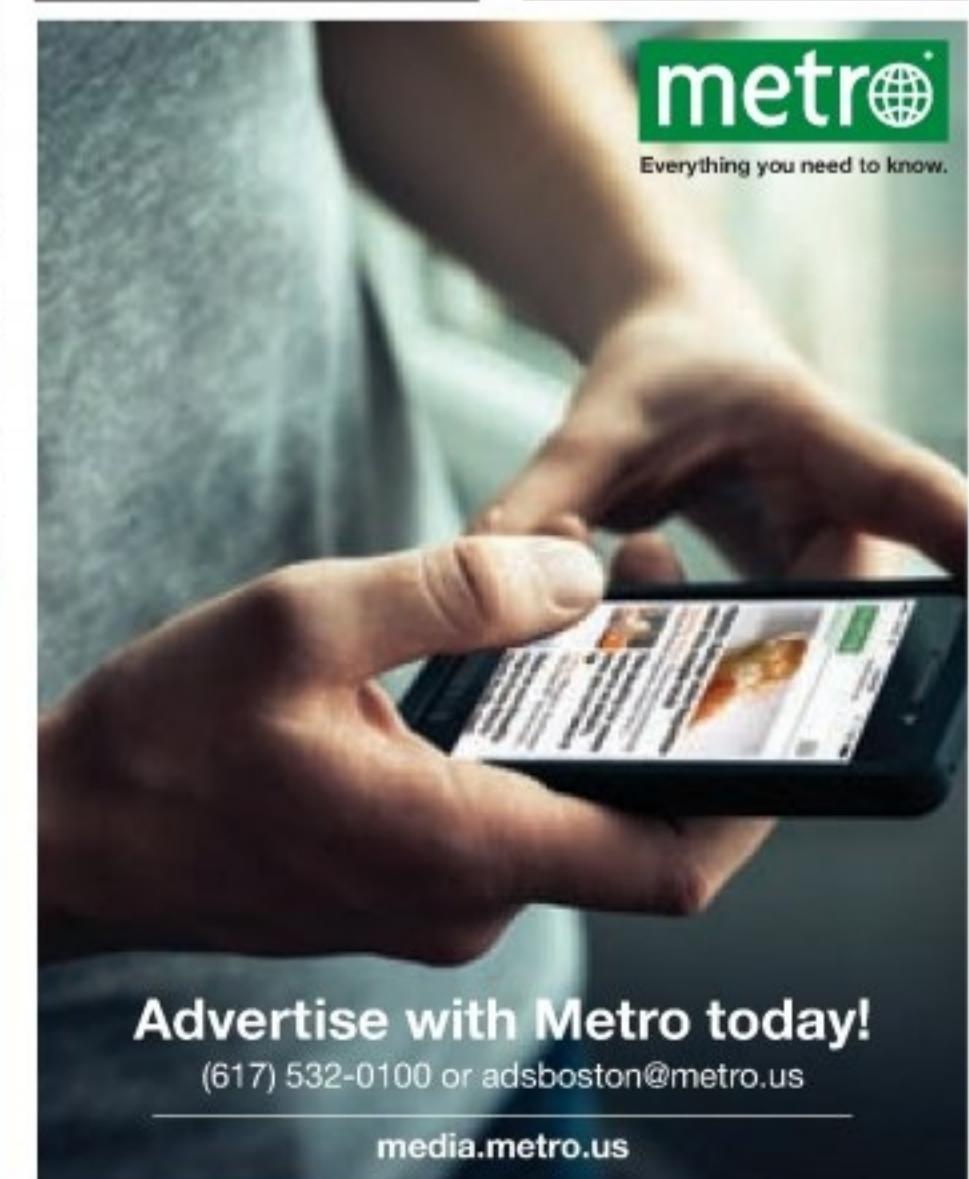
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**LEGAL NOTICES****MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE**

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Marcos Mota to Mortgage Electronic Registration Systems, Inc. as nominee for, Taylor, Bean & Whitaker Mortgage Corp., its successors and assigns, dated March 23, 2009 and recorded with the Suffolk County Registry of Deeds at Book 44704, Page 140, subsequently assigned to Ocwen Loan Servicing, LLC by Mortgage Electronic Registration Systems, Inc., by assignment recorded in said Registry of Deeds in Book 46938, Page 4, subsequently assigned to Nationstar Mortgage LLC by Ocwen Loan Servicing, LLC, by assignment recorded in said Registry of Deeds in Book 51566, Page 138, of which the Mortgagee the undersigned is the present holder, for breach of the conditions of said Mortgage and for the purpose of foreclosing the same will be sold at Public Auction at 10:00 AM on April 21, 2015 at 44 Ridgewood Street, Unit 2, Boston, MA, all and singular the premises described in said Mortgage, to wit:

Unit No. 2 (the "Unit") of 44 Ridgewood Street (the "Condominium"), located in Dorchester, Suffolk County, Massachusetts, a condominium established pursuant to Massachusetts General Laws, Chapter 183A, by Master Deed dated 11/24/2008 and recorded with the Suffolk County Registry of Deeds in Book 44270, Page 154, as amended. The Unit is laid out as shown on the plans filed with said Master Deed and on a copy of a portion of said plans attached to the first deed of the Unit recorded with said Suffolk County Registry, to which is affixed the verified statement in the form required by Section 9 of said Chapter 183A.

The Unit is conveyed together with an undivided percentage interest in the common areas and facilities of the Condominium as set forth in said Master Deed, and the same apportioned percentage interest in the 44 Ridgewood Street Trust created by Declaration of Trust dated 11/24/2008 and recorded with said Suffolk County Registry in Book 44270, Page 175, as amended.

Being a part of the same premises conveyed to the herein named mortgagor(s) by deed recorded with Suffolk County Registry of Deeds herewith.

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, liens, attorneys fees and costs pursuant to M.G.L.Ch.183A, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

**TERMS OF SALE:**

A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check or bank treasurer's check will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. **TIME WILL BE OF THE ESSENCE.**

Other terms if any, to be announced at the sale.

Nationstar Mortgage LLC  
Present Holder of said Mortgage,  
By Its Attorneys,  
Orlans Moran PLLC  
P.O. Box 540540  
Waltham, MA 02454  
Phone: 781-790-7800

3/31/15, 4/7/15 and 4/14/15

**PS ORANGE CO., INC.  
NOTICE OF PUBLIC AUCTION**

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC AUCTION BY COMPETITIVE BIDDING at 9:00 am on 04/22/2015 PS ORANGE CO., INC., 432 Washington St, Weymouth, MA 02188. The personal goods stored therein by the below named occupant (s):

Unit	A024	Martha Nalband	Boxes, Bags, Totes
Unit	A048	John Powers	Boxes, Bags, Totes
Unit	A104	Robert Sproul	Boxes, Bags, Totes
Unit	A202	Farrah Alkanan	Boxes, Bags, Totes
Unit	A247	Mark Pano	Boxes, Bags, Totes
Unit	A257	JOAN MCMASTERS	Boxes, Bags, Totes
Unit	A290	Don Emmanuel	Boxes, Bags, Totes
Unit	A350	Linda Kadzombe	Boxes, Bags, Totes
Unit	A417	Scott Derochers	Boxes, Bags, Totes
Unit	A419	Patricia Nichols	Boxes, Bags, Totes
Unit	A437	Angela Deangelis	Boxes, Bags, Totes
Unit	A469	Brian Jipson	Boxes, Bags, Totes
Unit	A484	Linda Keeley	Boxes, Bags, Totes
Unit	A565	Cecelia Grace	Boxes, Bags, Totes

PURCHASES MUST BE MADE AT TIME OF SALE WITH CASH ONLY. ALL GOODS SOLD "AS IS" and must be removed at time of sale. PS ORANGE CO., INC. reserves the right to withdraw units from sale and to cancel auction without further notice.

Kernlyn Ross, agent for owners. Notice posted April 7th and April 14th 2015.

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NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC AUCTION BY COMPETITIVE BIDDING at 9:00 am on 04/22/2015 at PS ORANGE CO., INC., 2030 Main St. Brockton, MA 02301. The personal goods stored therein by the below named occupant (s):

Unit	A012	Victoria Marcellus	Boxes, Bags, Totes
Unit	A017	Connie Goodwin	Boxes, Bags, Totes
Unit	B035	Janice Ledan	Boxes, Bags, Totes
Unit	B062	Neysa Nicholson	Boxes, Bags, Totes
Unit	B068	Yvonne Jones	Boxes, Bags, Totes
Unit	B069	Nasheta Shakur	Boxes, Bags, Totes
Unit	B074	Joseph Smoot	Boxes, Bags, Totes
Unit	C079	Cedor Souffrant	Boxes, Bags, Totes
Unit	C084	Louis Lagarde	Boxes, Bags, Totes
Unit	C102	Jon Hinckman	Boxes, Bags, Totes
Unit	C106	Carolyn Seaton	Boxes, Bags, Totes
Unit	C116	John Taylor	Boxes, Bags, Totes
Unit	C117	Michael Tidd	Boxes, Bags, Totes
Unit	C123	Lillian Pina	Boxes, Bags, Totes
Unit	C132	Rebecca Vail	Boxes, Bags, Totes
Unit	C133	Lori GARDNER	Boxes, Bags, Totes
Unit	C134	KELVIN REID	Boxes, Bags, Totes
Unit	C145	Breanne Packard	Boxes, Bags, Totes
Unit	C167	Marrk Harris	Boxes, Bags, Totes
Unit	C188	Tara Foley	Boxes, Bags, Totes
Unit	C208	Maria Abreu	Boxes, Bags, Totes
Unit	C210	Michael Mazenc	Boxes, Bags, Totes
Unit	C215	Jennifer Flanagan	Boxes, Bags, Totes
Unit	D230	Alice Semedo	Boxes, Bags, Totes
Unit	D236	Allen Murphy	Boxes, Bags, Totes
Unit	D241	Maureen Phaneuf	Boxes, Bags, Totes
Unit	D246	George Brown	Boxes, Bags, Totes
Unit	D279	Ryan O'Donnell	Boxes, Bags, Totes
Unit	D281	Michael Siciliano	Boxes, Bags, Totes
Unit	D308	BRIAN GALLAGHER	Boxes, Bags, Totes
Unit	D322	Jason Jarvio	Boxes, Bags, Totes
Unit	D327	Evanillson Gomes	Boxes, Bags, Totes
Unit	D331	Kemelyne Mentor	Boxes, Bags, Totes
Unit	D335	Patricia Flanagan	Boxes, Bags, Totes
Unit	D336	Louis Lagarde	Boxes, Bags, Totes
Unit	E358	Anna Joseph	Boxes, Bags, Totes
Unit	E385	Rochelle Sigouin	Boxes, Bags, Totes
Unit	E388	Mary Boutin	Boxes, Bags, Totes
Unit	E390	Anderson Moore	Boxes, Bags, Totes
Unit	E414	Lucy Merriman	Boxes, Bags, Totes
Unit	E417	Victoria Corbin-May	Boxes, Bags, Totes
Unit	P004	Rebecca Murillo	Sunli, Camper, 2002

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Kernlyn Ross, agent for owners. Notice posted April 7th and April 14th 2015.

**PS ORANGE CO., INC.  
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NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC AUCTION BY COMPETITIVE BIDDING at 9:00 am on 04/22/2015 at PS ORANGE CO., INC., 1470 Main St. Weymouth, MA 02190. The personal goods stored therein by the below named occupant (s):

Unit	A1101	Mike Shawn	Boxes, Bags, Totes
Unit	A1107	Martha Nalband	Boxes, Bags, Totes
Unit	A1145	Jennifer Bohn	Boxes, Bags, Totes
Unit	A2033	Shawn Baker	Boxes, Bags, Totes
Unit	A2153	Mark Fricker	Boxes, Bags, Totes
Unit	A2191	Sara Lortie	Boxes, Bags, Totes
Unit	A3055	Thomas Hallisey	Boxes, Bags, Totes
Unit	A3128	Anne Mac Donald	Boxes, Bags, Totes
Unit	A3131	Jerri Canavan	Boxes, Bags, Totes
Unit	A3176	Merry Hou	Boxes, Bags, Totes
Unit	A3210	Stephen Landry	Boxes, Bags, Totes
Unit	D013	Susan Souther	Boxes, Bags, Totes

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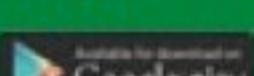
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Unit	A001	Gary O'Rouke	Boxes, Bags, Totes
Unit	B007	Hilary Agbai	Boxes, Bags, Totes
Unit	B008	Aurelio Beltre	Boxes, Bags, Totes
Unit	C004	Sergina Poux	Boxes, Bags, Totes
Unit	C011	Henry Offner	Boxes, Bags, Totes
Unit	C012	Floyd Francis	Boxes, Bags, Totes
Unit	C026	Marianne Puglia	Boxes, Bags, Totes
Unit	D013	Lula Fisher	Boxes, Bags, Totes
Unit	D026	Faith Rabuffetti	Boxes, Bags, Totes
Unit	D035	Ken Murray	Boxes, Bags, Totes
Unit	E004	Deborah Crowley	Boxes, Bags, Totes
Unit	E011	Sherley Jules	Boxes, Bags, Totes
Unit	F020	Jason Salisbury	Boxes, Bags, Totes
Unit	F035	Shaquanta Baily	Boxes, Bags, Totes
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Unit	H011	Maurice Wynn	Boxes, Bags, Totes
Unit	H015	Kathleen Harris-Hicks	Boxes, Bags, Totes
Unit	H016	Wilena Julian	Boxes, Bags, Totes
Unit	H023	Jacqueline Joseph Bellomy	Boxes, Bags, Totes
Unit	H035	Victor Udoji	Boxes, Bags, Totes
Unit	H037	Herve Pierre-Noel	Boxes, Bags, Totes
Unit	I008	Angelo Paul	Boxes, Bags, Totes
Unit	M013	Leonard Habyakare	Boxes, Bags, Totes

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